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Inventor: Alex. G. SZYNALSKI
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COMMUNICATION

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SIR:

The present application appears to be abandoned due to an untimely response, (see TARR) nevertheless pursuant to 35 USC § 301, submitted herewith is a copy of the seven page © 1995 "Stop Smoking" Workbook, published by A. Goen Seminars.

This © 1995 publication was not of record or considered by USPTO during the prosecution of parent application 09/427,447 filed October 27, 1999 now U.S. Patent 6,431,874, nor has it been submitted in this application by the applicant.

The © 1995 Goen Stop Smoking workbook discloses the combination of (A) "education" to discourage smoking behavior in the conscious mind; (B) "hypnosis" to discourage smoking behavior in the subconscious mind; and (C) a "stop-smoking substance"/ "anti-smoking drug"/ "anti-depressant substance"/ "anxiolytic substance


(LOBELIA) to reduce craving to smoke. Claim 1 of this application is fully anticipated as is claim 1 of the '874 patent.

This Goen Stop Smoking document confirms that the combined teachings of the previously cited Hapworth and Ferry references as to elements (A), (B), and (C) was known and published by the applicant in a single 1995 reference.

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RE PAT. 6,431,874



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201-489-6222 Monday - Friday 9 AM - 5 PM EST

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STOP SMOKING

WORKBOOK PROPERTY OF

NAME _____

ADDRESS _____

PHONE () _____

SIGNED _____

Important: Please print your name, address and telephone number, and sign the front of the workbook above before the seminar begins. You will need a pen, your cigarettes and matches during the seminar. Also, please get a cup of water from the water station with 1 inch of water in it, and place it under your chair for use during the seminar. Thank you.

NO AUDIO OR VIDEO TAPING OF THIS SEMINAR IS ALLOWED
Any full or partial reprinting of this workbook is strictly prohibited

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A FEW WORDS ABOUT THE FOUNDER OF GOEN SEMINARS

Alexander G. Goen maintains a private practice in Hackensack, New Jersey. He developed his interest in hypnosis as early as 1979. Mr. Goen has been involved in self-hypnosis, bio-feedback, and hypnosis since that time.

In addition to helping people stop smoking, Mr. Goen has worked with hypnosis in many other types of situations. He has helped thousands of people to lose weight, has worked with all types of athletes to improve their athletic performance, and has worked with corporations as a sales and personal development trainer.

Mr. Goen is the kind of individual that comes along once in a lifetime, exhibiting extraordinary drive, determination and genuine love for people. Using what he so intensely teaches, he rose to the top of a Fortune 500 company, where he held the position of Senior Vice President. Here he does not offer you a typical seminar. This is one of the most spectacular, informative and successful seminars you will ever have the opportunity to experience. Now prepare yourself for an adventure in hypnosis.

FINISHED FILES ARE THE RESULTS OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF MANY YEARS.

SOME PEOPLE BELIEVE HYPNOSIS IS A THEATRICAL STAGE TRICK OR A HIGHLY EXPERIMENTAL MODALITY. IN REALITY, IT HAS BEEN SCIENTIFICALLY PROVEN AND WAS MEDICALLY ACCREDITED BY THE AMERICAN MEDICAL ASSOCIATION IN 1956. IT IS ONE OF THE SAFEST AND MOST EFFECTIVE METHODS TO QUIT SMOKING PERMANENTLY.

HERE ARE SOME OF THE QUESTIONS MOST ASKED BY OUR CLIENTS!

1) SINCE SMOKING IS A PHYSICAL ADDICTION, HOW CAN YOUR METHOD HELP PREVENT WITHDRAWAL, TENSION, ETC?

This method, when used to stop smoking, focuses almost exclusively on interrupting your "conditioned responses." Your subconscious will aid your body during precisely those periods when you as a smoker are accustomed to having a cigarette. Instead of your subconscious making your body scream for nicotine after a meal, or with coffee or alcohol, it will help you to remain calm and pain free. Thousands of smokers just like you have quit calmly, painlessly, and without weight gain in one night with our method.

2) WILL I BE UNCONSCIOUS OR ASLEEP DURING HYPNOSIS?

No. You will always be awake and fully aware of what is happening. In fact, hypnosis is a form of concentrated attention. You are always in control of your mind and aware of what is going on.

3) WILL I KNOW I AM HYPNOTIZED?

Yes! You will not only know it, but you will also enjoy it. You enter a state of wonderful physical relaxation; yet you are mentally aware, can hear, and are able to concentrate intensely without the slightest effort. It works subconsciously, almost effortlessly, to accomplish your goal of quitting smoking.

4) COULD I BE TOO INTELLIGENT TO BE HYPNOTIZED?

Studies have shown that people with higher IQ's are hypnotized easier because of their ability to concentrate.

5) SUPPOSE I BELIEVE THAT I CANNOT BE HYPNOTIZED, OR HAVE BEEN TOLD THAT?

In any group, 15 to 20% of the group believes exactly that. Yet experience has shown that about 97% of any group can be hypnotized.

6) SUPPOSE ALL MY QUESTIONS ARE NOT YET ANSWERED?

During the seminar there is a question and answer period. We never use hypnosis until you have your questions answered with factual information. In fact, we hope that the questions and answers here will provoke you to ask any questions you may have.

7) EXTENDED GUARANTEE!

If in the future you start smoking again, just present your workbook and any piece of ID, and you will be admitted **absolutely free** to a future Stop Smoking seminar. It's that simple.

DETRIMENTAL EFFECTS OF SMOKING

- Nearly one in five nonsmokers who get lung cancer grew up with parents who smoked.
- The risk of a nonsmoker getting lung cancer is twice that for other nonsmokers if both of the parents smoked.
- Second hand smoke is the nation's third leading cause of preventable death.
- Taking into account heart disease and other ailments, 50,000 to 60,000 deaths each year are caused by passive smoking.
- Smoking causes wrinkles by depleting the natural collagen in the body's skin.
- Depressed smokers have between 2.6 and 4.5 times the risk of cancer than nonsmokers, and 1.25 to 1.6 times the risk as non-depressed smokers.
- Smokers who quit before age 50 have half the risk of dying in the next 16.5 years compared with continuing smoking.
- About 390,000 Americans die each year from diseases attributed to smoking.

- Male smokers are 22 times more likely than nonsmokers to die from lung cancer, and female smokers have 12 times the risk of nonsmokers. This disease is the leading cause of cancer death for both men and women.
- Quitting smoking reduces the risk of getting cancers of the larynx, mouth, esophagus, pancreas, and bladder.
- Smoking during pregnancy doubles the risk of having a low birthweight baby.
- Quitting smoking reduces the risk of heart disease, the leading cause of death in the United States. Smokers are twice as likely to die of this disease than nonsmokers.
- Smoking cessation also reduces the risk of dying from stroke, chronic obstructive pulmonary disease, influenza, pneumonia, peripheral artery occlusive disease, and aortic aneurysm.
- Quitting smoking lowers the risk of developing gastric or duodenal ulcers.
- Some studies have found that smokers who quit when they developed cancer, lowered their risk of getting a second primary cancer.

THE PHYSIOLOGICAL PROGRESSION OF SMOKING

Stage 1

Light a cigarette and inhale. This takes about 7 seconds. The deep breath of the inhale increases the flow of blood and oxygen to the heart and you feel more relaxed (not due to the cigarette, but due to the deep breath).

Stage 2

Seven seconds to fifteen minutes later, nicotine enters the liver, which in turn releases sugar into the blood stream. This results in a physical uplift (not from the cigarette, but from the release of sugar into the blood stream).

Stage 3

Due to the high sugar content in the blood, the pancreas will release insulin and the blood sugar level will drop lower than when you started to smoke. This will make you feel fatigued, irritable, hungry, or to want another cigarette. This same cycle occurs when you eat candy bars. Avoid sugar during the first month, or at least during the first week. Sugar can trigger the desire to smoke.

Stage 4

Fifteen to twenty minutes after beginning to smoke, the nicotine stimulates the nervous system and causes the release of adrenalin into the body, producing increased heart rate and respiration along with feelings of tension and being "wired up".

Stage 5

Because of the tense feelings of Stage 4, we begin to desire another cigarette, which has the false illusion of helping us to relax, and thus the smoking cycle begins again.

CHANGES YOUR BODY GOES THROUGH WHEN YOU QUIT SMOKING

Within 20 minutes of the last cigarette

- Blood pressure drops to normal
- Pulse rate drops to the normal rate
- Body temperature of hands and feet increases to normal

Within 8 hours

- Carbon monoxide level in the blood drops to normal
- Oxygen level in the blood increases to normal

Within 24 hours

- Chance of heart attack decreases

Within 48 hours

- Nerve endings start regrowing
- Ability to smell and taste things is enhanced

Within 72 hours

- Bronchial tubes relax, making breathing easier
- Lung capacity increases

Within 2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases by up to 30 percent

Within 1 to 9 months

- Coughing, sinus congestion, fatigue, and shortness of breath decreases
- Cilia regrows in lungs, increasing its ability to handle mucus, clean the lungs, and reduce infection
- Body's overall energy level increases

Within 5 years

- Lung cancer death rate for the average smoker (one pack per day) decreases from 137 per 100,000 people to 72 per 100,000

Within 10 years

- Lung cancer death rate for the average smoker drops to 12 deaths per 100,000, almost to the rate of nonsmokers
- Precancerous cells are replaced
- Other cancers, such as those of the mouth, larynx, esophagus, bladder, kidney, and pancreas decrease
- (There are 30 chemicals in tobacco smoke that cause cancer)

ALL BENEFITS ARE LOST WHEN YOU SMOKE JUST 1 CIGARETTE A DAY!

SMOKING CESSATION SUGGESTIONS

- Listen to the "Smoking Cessation" tape every day for 30 days.
- Carry a non-food item such as a swizzle stick or a low calorie food such as celery or carrot sticks. Use these to gratify any oral habit that has been developed by the conditioned response of putting your hand to your mouth 250 times a day, as if you were a one pack a day smoker.
- Acquire the smoker's tea containing the herb lobelia, which aids any withdrawal that some may experience. Lobelia is a natural herb that tricks the body into thinking it is nicotine, but it does not have the side effects. The brand we recommend is Traditional Medicinal and is called "Smokers Tea". Most good health food stores will carry this product. Check the yellow pages for stores in your area.
- Cut back on drinking coffee and other caffeinated beverages. Sometimes the stress or anxiety that quitters experience is due to the physiological effects of caffeine on the nervous system and not due to withdrawal from nicotine. Try drinking the Smokers Tea or some other warm decaffeinated beverage. Drinking a hot tea provides the same psychological effect as drinking hot coffee.
- Engage in some form of light exercise. Not only will it help clear the body of the toxins acquired through smoking, but it will also help release endorphins which relieve stress as well as making you feel good. Exercise will rapidly reverse the damage done to the body from smoking. If you have not engaged in exercise for a long time, or you have a weight problem or any other health problem, you should consult your physician before starting any regimen of exercise.
- Eat healthy, nourishing, non-processed foods and take a good vitamin supplement. Remember, the 200+ toxins in cigarette smoke have helped deplete the body of vitamins. 5 cigarettes can deplete all the vitamin C in the body! By eating a healthy diet, you will recover your health more quickly.

WHAT TO DO

(Do this for at least the first week, preferably for the first 21 days)

- Eat 3 meals a day, including breakfast
- Have protein and complex carbohydrates with each meal
- Avoid sugar
- Drink 8 glasses of non-caloric liquids a day - drink water with lemon, seltzer, herbal tea, etc.
Keep a pitcher of water on your desk and you'll easily drink 8 glasses a day
- Between meals, drink fruit juices or eat a piece of fruit
- Take 500 mg of calcium and 1000 mg of magnesium
- Take a B-complex supplement, preferably one that contains Biotin
- Eat lots of fruits, vegetables and salads
- As soon as you finish eating, leave the table and go brush your teeth
- Use mouthwash whenever possible

WHAT NOT TO DO

- Do not skip any meals; never miss breakfast
- Limit sugar intake - read packaging labels
- Avoid beverages with caffeine - tea, colas, coffee, hot chocolate
- If you must have them, drink tea or coffee out of a juice glass using a straw
- NO Alcohol

WHY THIS ATTENTION TO FOOD; WHY THESE RECOMMENDATIONS

In the Physiologic Progression of Smoking we described the change in blood sugar levels caused by smoking and the physical and emotional response it has on the body.

If your blood sugar level gets low, you will either crave a cigarette or something sweet. In either case, it will boost your blood sugar level for 10 to 20 minutes and then cause a crash, triggering another urge for a cigarette or a sweet. By eating 3 meals a day, you will tend to have a stable blood sugar level, and this minimizes cigarette and eating urges. Eating protein with carbohydrates at breakfast sets the stage for stable blood sugar levels all through the day. Protein with complex carbohydrates stabilizes the blood sugar.

HANDLING URGES

If you ever get a desire or craving for a cigarette:

1. Stop what you are doing
2. Snap a rubber band around your wrist
3. Write down what you were doing
4. Take 3 deep breaths to eliminate the desire to smoke

5. Physically get up and move, even if it's just to stand up
6. Do a stretch or two
7. Take another 3 deep breaths, and another 3 if necessary
7. Drink water, preferably with lemon
8. Get a breath of fresh air
9. Awareness technique - Look around the room and say, "Now I am aware of the chair, now I am aware of the lamp," -- continue making "Now" statements until the urge passes

Something to know about urges and desires:

1. You don't have to fulfill them
2. If you do nothing, they will just go away and recur less frequently
3. Smoking doesn't end an urge, it just placates it and generates another urge in 15 to 30 minutes

I hereby certify that this correspondence is being deposited with the United States Postal Service as First Class Mail in an envelope addressed to: Commissioner for Patents, P.O. Box 1450, Alexandria VA 22313-1450, on the date indicated below.

Date: August 22, 2003,

Rosemarie Mannino

Rosemarie Mannino